



Natural News is a monthly email newsletter from certified professional Health Coach Anke Johnson. You get articles, tips, and more info to keep you healthy, balanced and successful. For great information on how you can have energy, vitality and feel great, check out our back issues and Shaklee's "What's New" newsletter at www.naturalsolutionsbyanke.com/free.php

This month, [What's New](#) on Safe sun solutions, Osteoporosis and easy multivitamin supplementation with CitriBoost.

September, 2008

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Welcome

Dear Member,

Today is a big day, it's Griffin's first day of Kindergarten and the start of school. As a good mom (if I do say so myself), but also as someone who really enjoys their independence, I must say that I've been waiting 5+ years for this day to come. Now that it's here, I'm a little panicky that it's come all too soon! They say "enjoy every minute, the time goes by too fast", and I know they (who are "they" anyway) are right! It was because of Griffin that I decided to go back to where I was passionate in terms of a career, in the health and wellness field. It started with a Shaklee business, and has grown to Natural Solutions by Anke, including Health and Life Coaching as well as nutritional consultation. My main reason for starting the business was to be able to stay home with Griffin and not miss a "first" that he did. I'll be the first to admit it, I'm not the best suited person to be a stay at home mom, so I had to have the business to allow me my creativity, as well as my independence and connection with the "outside" world. I have to say, I never would have thought this day would be here, and that I'd be looking at the clock eager to pick up Griffin from his first day and ask him how it all went...you just never know where life's path will lead you! I do know one thing for sure; had it not been for Shaklee I would never have been able to stay home and work while being at home with Griffin, and sharing all those "firsts" with him. I'll admit, there were times I wanted to throw in the towel, but who doesn't have a not-so-great day at work once in a while? At least in the morning when I get up and look in the mirror, I'm looking at the boss; and if the boss says "hey it's a great day outside, let's go to Governor Dodge park and play" then play we shall! I feel very lucky to have spent this fleeting time with Griffin, and I'll cherish every memory in my heart forever. I can truly say that I love what I do for a living, because it allows me to live the way I dream.

Cheers, Anke

[Natural Solutions by Anke, LLC](#)

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Health Tips

Berries Beat Bugs! Bacteria's biggest enemy may be the humble cranberry. Not only can the tiny berries fight *E. coli* (the bacteria that causes urinary tract infections) and *Streptococcus mutans* (the bug responsible for tooth decay), cranberries can also help your body get rid of *H. pylori* bacteria, which is linked to ulcers and stomach cancer, according to a study from Tel Aviv University in Israel published earlier this year. Add to this fact that cranberries may also help prevent stroke and heart disease, and you have plenty of reasons to eat the berries year-round - not just during the holidays! Fresh or dried cranberries (1/2 cup daily) or 6 ounces of cranberry juice (without the added sugar) daily will help get you on the road to great health!

Learn more about our program:

http://www.naturalsolutionsbyanke.com/for_you.htm

Kids Stuff~Back to School

Whether you have kids at home, are a teacher in a school, are a children's caretaker or work with folks who have kids, you're "going back to school" and that means a viral spread of germs, bacteria, and well, viruses! Here are a few great tips to help you and your family stay healthy this back to school season, whether you've got little nippers at home or are just exposed to their wealth of bugs! Here are some common sense suggestions that are often overlooked during this hectic and exciting time of year! And these are all things that anyone can do!

~Get enough rest. It's easy to overlook sleep in our time-deprived world today, but getting at least 7-8 hours of sleep for adults and 10-12 hours for children is a must in order for your body to continue to work at it's optimal level. Without enough sleep, your brain just doesn't function as well, and that's when mistakes are made and emotions escalate. By giving yourself the rest you need, your body will give you the performance your busy day demands!

~Eat a good breakfast. Yup, it always comes back to this, because it's

true! Eating a good, balanced breakfast will start out your day with energy, mental clarity and a positive outlook to be able to handle whatever the day brings. Generally, a balance of 40% protein, 40% carbohydrates and 20% fats (unsaturated) will get your body out of cleansing and repair mode from the night before, and into drive for the days activities. Lean protein choices and complex carbohydrates will give your body more bang for the mouthful, and will ease you through your morning's activities with ease. Once you master eating breakfast, consider eating it while sitting down and relaxing, instead of driving or multitasking!

~Decrease sugar intake. I know, I sound like a broken record here, but with sugar hidden in our foods everywhere, it's easy to get an "overload" without even thinking about it. Help your kids develop a pallet for natural sugars in fruits (NOT fruit snacks) and veggies. They'll get extra fiber and hydration from these foods as well, including a natural boost in energy and clarity for better learning. Consider whole grains, and get rid of the soda and fruit juices. Almond milk, soy milk, water and kefir are just a few of the choices that are better for overall health and energy during a busy school day. Help your children even more by making sure their "soldiers" in their body far out number harmful bacteria. Create a stronger army by decreasing sugar and increasing good gut bacteria colonies. You can do this easily with [Shaklee's Optiflora pearl](#) , a guaranteed delivery for a strong army! Kids will get a healthy energy level, and will be able to rest and sleep well too! Especially great for kids who get ear infections, have digestive issues, are hyper, or ADD/ADHD.

~Wash your hands. One of the easiest ways to help with the spread of bacteria and germs is to wash your hands. 'Nuf said.

~Develop and keep a routine. There's nothing more draining on your energy than running around unfocused and not getting anything accomplished. Having focus will help you to become more productive, which is rewarding and empowering, which will help self-motivate you forward! By developing and keeping a routine for your children, you will allow that focus to develop and create that peace of mind that automatically comes with it!

~Pack sensible snacks and lunches that your child will enjoy and have fun eating. Things that are colorful make a drab lunch or snack come

alive! By staying away from processed foods, and focusing on whole and more natural foods, your child (and you!) will benefit not only from eating well, but also from the energy and goodness that the food delivers. Consider Annie's snacks and foods as alternatives to popular over processed foods from Kraft and General Mills. For example, replace mac and cheese with Annie's various versions of the same, without all the artificial ingredients and colors. While you're at it, pack a sensible lunch for yourself as well to help curb impulse buying at lunch time at the local drive through.

~Eat dinner together and have a conversation! Novel thought, I know, but it does make a difference in a marriage as well a family dynamics. Will it take some effort? You bet! It's well worth it though as you either maintain or build that cohesiveness that makes families close. Share what's important to each person, have a laugh or two or three, solve some of the world's greatest challenges, whatever makes it fun! We even play board or card games at dinner, and for a fidgety 5 year old, just having that focus let's him forget that he's eating zucchini or squash as he's planning his next move to beat mommy or daddy!

FREE Trial Session

We encourage all our prospective clients to begin with a Complimentary Personal Action Plan. It gives you an opportunity to experience coaching with me, and to explore if my services are the right fit for you.

You can also ask questions you might have about the coaching process or any questions in general.

- The session is 45 minutes depending on our conversation.
- No-obligation, no fee.

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